

**For more information or any questions, please call
413-587-1228**

February 2015

All events are held at the Northampton Senior Center 67 Conz St. unless otherwise noted.

**Lisa Steinboch, RN
Public Health Nurse,
Tues. Feb. 10 & Thurs., Feb. 12 from 10 - 11
Wed., Feb. 18 from 10 - 12**

Caregiver support group Tues., March 3rd 10:00 am Call 413-455-1936 ext. 104 to register	Scarf Party Monday, Feb. 9th 1:00 pm Tuesdays 9:30-10:45am Tuesdays 1:00 pm - 3:00 pm Thursdays 1:00 - 3:00pm Thursdays 1:30-3:30pm Fridays 1:00-2:30pm	Tai Chi Thursdays 2:45 - 3:45 Cup of Conversation: Enjoy conversation and a complimentary cup of coffee or tea Interfaith Help Fund: Referrals only SHINE: Counseling, Medicare and Medicaid. By Appointment only. BINGO: .50 cents a card with cash prizes. Special Games Played. Senior Gay Men Drop-In Group: No fee, no registration. Walk-ins welcome.	Film Noir Fri. Feb. 13th to Apr. 10th 1:00 pm	Soups with Sherry Fri. Feb. 20th 10:00 am	Valentine Pancake Breakfast Friday, Feb. 13 8:30 - 10:00 am	Emotions, Expectations, Investing Tuesday, Feb. 10th 1:30 pm
--	---	--	--	--	--	---

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

Mon.	Feb. 2 - Fri. Feb. 27	8:15 - 4:00	Art Exhibit: Elizabeth (Liz) Hamilton displays her photography which comes from the gift of nature and interesting subjects in her surroundings.
Tues.	Feb. 3	10:00 am-12:00 pm	PVTA Photo ID : For disabled and senior citizens with documentation. Fee \$1.00.
Tues.	Feb. 3	10:00 am-12:00 pm	Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors.
Wed.	Feb. 4,25	12:15 pm	Veteran's Benefits Appointments: Assistance with Veteran's Compensation and Pension benefits with Paul Neville.
Wed.	Feb. 4,11,18,25	1:00 pm	Timeless Tunes - Come sing with us through the years. Bring your voice Call 413-587-1228 for time and place
Wed.	Feb. 4	7:00 pm - 9:00 pm	Group Sing - For those 50 and over who love to sing no matter if you feel you can or cannot. Come join us and sing along to songs from different genres and eras. No cost, just bring your voice.
Thurs.	Feb 5	2:45 pm	Tai Chi Class - Join the new Tai Chi class with Suzanne Strauss. The class will include learning the postures of the Cheng form as well as some easy exercises to enhance alignment and balance. Fee: \$40/month for Northampton seniors 60 and older, \$45 for non-residents and those age 55-59. Register at the Senior Center
Fri.	Feb, 6, 20	10:30 am	Nutritional Outreach Program: Must be an enrolled participant.
Fri.	Feb. 6	1:30 pm	Photography Club meeting- Come meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5./yr for residents \$10./yr non-residents.
Mon.	Feb. 9	1:00 pm	Scarf Party - An exercise instructor recently received a request for help with exercises to get rid of "the gobble", that pesky under the neck area! The best thing to do? Wear a scarf! Join us as we learn the many different ways of tying a scarf. Refreshments will be served. \$1.00 for Northampton Seniors 60 and older, \$2.00 for non-residents and those age 55-59.
Mon.	Feb. 9	2:30 pm	"Cooking with Calvin" - Learn step by step easy recipes with Dianne Paquette Food Service Director at Calvin Coolidge Nursing & Rehabilitation Center. There will be an interactive demonstration that will focus on simple healthy changes to make meals more nutritious. No cost to seniors age 55 and older. There will be a demonstration on the second Monday of every other month. Please register by calling the Senior Center at 413-587-1228.
Tues.	Feb. 10	1:30 pm	Emotions, Expectations & Investing - Whether it's up or down, the market is always on the move. How will you react to changing market conditions and what effects could your actions have on financial results? Christopher Casale has spent the past 32 years in the Banking & Financial Industry. He works with clients helping them to reach their financial goals. For seniors age 55 and older. No cost. Call the Senior Center at 413-587-1228 to register.
Thurs.	Feb.12	10:00 am	Brown Bag: Eligible participants MUST pick up their bags by 11:00 am. Bags cannot be held. Numbers will be distributed beginning at 9:30 am. Call the Food Bank at 413-247-9738 for applications and information.
Thurs.	Feb. 12	1:00 - 3:00 pm	Readers & Thinkers - Meets the second (2nd) Thursday of each month.
Thurs.	Feb. 12	1:30 pm	NCOA Board Meeting - Open to the public
Fri.	Feb. 13	8:30 - 10:30 am	Valentine Pancake Breakfast - Join us for a wonderful pancake breakfast. Tickets are \$3.00 for Seniors with a scan card and \$5.00 for all others. The proceeds will go to the "Kick the Tires" new van campaign for the Senior Center. This event is open to the public. No tickets sold at the door.
Fri.	Feb. 13	10:00 am	SNAP - Assistance through the Food Bank of Western MA at 1-800-247-9632 for an appointment
Fri.	Feb. 13	1:00 pm	Film Noir - Beginning Feb. 13 through Apr. 10 - Recently retired Prof. Thomas Schieding leads a course in film noir, often referred to as "psychological thrillers" by American Studios and later recognized by French film critics as dark film (film noir). Dark, cynical, depressing and made on low budgets in B studios, these films explored the tension between our hidden desires and society. Meets weekly. The fee is \$80 for seniors age 55 and older.
Mon.	Feb. 16	8:15 - 4:0	The Senior Center will be closed in observance of the President's Day Holiday
Tues.	Feb. 17	5:00 pm	Commission on Disability Meeting - Public invited.
Wed.	Feb. 18	9:30 am	Foot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00
Fri.	Feb. 20	10:00 am	Soups with Sherry - Sherry McKenney joins us for another cooking class. This class will be the preparation of a carrot potato soup served with Red Dog frizzles, ribolitta (hearty Italian soup) and a dessert. Fee is \$15. for Northampton Seniors age 60 and older, \$20. for non-residents and those age 55-59. Register early because space is limited
Mon.	Feb. 23	1:30 pm	Monday Movie Madness - "And So It Goes" - Starring Diane Keaton and Michael Douglas - A realtor's plans for retirement are thwarted when he's left to care for a granddaughter he didn't know existed and the woman who unexpectedly enters his life.

**Support the Senior Center by contributing to the New Van Campaign!
Every contribution is greatly needed and appreciated.**



**Corned Beef & Cabbage Dinner -
Sunday, March 15, 2015
Tickets: \$10.00 per person. Public is welcome!**

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.

February 2015

website: www.northamptonma.gov/713/Council-on-Aging

For more information
please call 413-587-1228

Monday February 2

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic: *On winter break*
1:00 NeedleWorkshop

Tuesday February 3

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Stretch & Tone*
10:00 PVTa Photo ID
10:00 Blood Pressure Clinic
11:30 PC one-on-one by appt
12:30 Sewing Workshop: End of Session Four
1:00 Interfaith Help Fund
7:15 Evening Yoga

Wednesday February 4

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 PC one-on-one by appt
11:30 Beginner Tap*
12:00 Low Vision: *On Winter Break*
12:15 Veteran's Benefits Services
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes-Lathrop
7:00 Group Sing

Thursday February 5

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
11:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appt only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday February 6

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
11:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Photo Club
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga

Monday February 9

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic on winter break
1:00 Scarf Party*
1:00 NeedleWorkshop
2:30 Cooking with Calvin

Tuesday February 10

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Stretch & Tone*
10:00 Writing Your Life Story
10:00 Walking Group
11:30 PC one-on-one by appt
12:30 Sewing Workshop: Beginning of Session Five
1:00 Interfaith Help Fund
1:30 Emotions, Expectations & Investing*
7:15 Evening Yoga

Wednesday February 11

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
11:30 PC one-on-one by appt
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes - Calvin Coolidge
2:45 Feldenkrais

Thursday February 12

8:45 Strength & Stretch
10:00 Brown Bag
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
11:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appt only*
1:00 Mahjongg
1:00 Readers & Thinkers
1:30 NCOA Board Meeting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday February 13

8:20 Dynamic Fitness DVD
8:30 Valentine Pancake Breakfast
9:00 PC one-on-one by appt
9:30 Low Impact 1
10:00 SNAP - appt. only
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Film Noir*

1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga

Monday February 16

Closed for President's Day

Tuesday February 17

8:45 Strength & Stretch
9:00 PC one-on-one by appt
9:30 Cup of Conversation
10:00 Stretch & Tone*
10:00 Walking Group
11:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Interfaith Help Fund
5:00 Commission on Disability
7:15 Evening Yoga

Wednesday February 18

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
11:30 PC one-on-one by appt
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais

Thursday February 19

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
11:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appt only*
1:00 Mahjongg
1:30 Sock Knitting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday February 20

8:20 Dynamic Fitness DVD
9:00 PC one-on-one by appt
9:30 Low Impact 1
10:00 Soups with Sherry*
10:00 SNAP
10:30 Low impact 2
10:30 Nutritional Outreach Program
11:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Film Noir*
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga

Monday February 23

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:15 Massage Clinic on winter break
1:00 NeedleWorkshop
1:30 Monday Movie
Madness: "And So It Goes"

Tuesday February 24

8:45 Strength & Stretch
9:00 PC one-on-one by appt
9:30 Cup of Conversation
10:00 Stretch & Tone*
10:00 Walking Group
11:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Interfaith Help Fund
7:15 Evening Yoga

Wednesday February 25

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography: Beginning of New Session
9:30 Low Impact 1
10:30 Low impact 2
11:00 Int/Advanced Digital Photography: Beginning of New Session
11:30 Beginner Tap*
11:30 PC one-on-one by appt
12:15 Veteran's Benefits Services
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais

Thursday February 26

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
11:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appt only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday February 27

8:20 Dynamic Fitness DVD
9:00 PC one-on-one by appt
9:30 Low Impact 1
10:30 Low impact 2
11:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Film Noir*
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga